

## Claims

We claim:

- ✓ 1. A method of increasing a high-density lipoprotein level in plasma in a postmenopausal woman comprising the step of administering a pharmaceutical formulation comprising calcium citrate at a therapeutically effective dose.
2. The method of claim 1, wherein the high-density lipoprotein level in plasma is increased at least about 5% in said woman.
3. The method of claim 1, wherein the high-density lipoprotein level in plasma is increased at least about 7.7% in said woman.
4. The method of claim 1, wherein the therapeutically effective dose of calcium citrate is equivalent to at least about 1 g elemental calcium.
- ✓ 5. The method of claim 1, wherein the pharmaceutical formulation comprises calcium citrate in an amount equivalent to at least about 10 mg elemental calcium.
- ✓ 6. The method of claim 1, wherein the pharmaceutical formulation comprises calcium citrate in an amount equivalent to at least from about 10 mg to 1 g elemental calcium.
- ✓ 7. The method of claim 1, wherein said administering is for at least about 2 months.
- ✓ 8. The method of claim 1, wherein said administering is for at least about 6 months.
- ✓ 9. The method of claim 1, wherein said administering is for at least about 12 months.

10. A pharmaceutical formulation for oral administration comprising calcium citrate at a therapeutically effective dose, wherein said formulation is administered to postmenopausal women for increasing a high-density lipoprotein level in plasma.

11. A method of increasing a high-density lipoprotein level in plasma by about 7.7% in a postmenopausal woman comprising the step of administering calcium citrate in an amount equivalent to about 1 g elemental calcium.

✓ 12. A method of increasing a ratio of high-density lipoprotein to low-density lipoprotein in a postmenopausal woman comprising the step of administering a pharmaceutical formulation comprising calcium citrate at a therapeutically effective dose.

13. The method of claim 13, wherein said ratio is increased by at least about 17% in said woman.

14. The method of claim 13, wherein said calcium citrate is in a quantity sufficient to provide at least about 1 g elemental calcium.

15. The method of claim 13, wherein said administering is for at least about 2 months.

16. A dietary supplement for a postmenopausal woman comprising calcium citrate in an amount sufficient to provide at least about 10 mg to about 1 g elemental calcium.

✓ 17. A method of producing a dietary supplement comprising the step of adding calcium citrate in an amount sufficient to provide about 10 mg to about 1 g elemental calcium to a diet of a postmenopausal woman.

✓ 18. A method of supplementing a diet comprising the step of orally administering calcium citrate in an amount sufficient to provide at least about 10 mg to about 1 g

elemental calcium to a postmenopausal woman, wherein said administering increases a high-density lipoprotein level in plasma of said woman.

19. The method of claim 18, wherein the high-density lipoprotein level in plasma is increased at least about 5% in said woman.
20. The method of claim 18, wherein the high-density lipoprotein level in plasma is increased at least about 7.7% in said woman.
- ✓ 21. The method of claim 18, further comprising administering for at least about 12 months.

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